

Lesson Plan: July Weeks 3 and 4

TIME: Approximately 10 minutes to do each activity

ACTIVITIES



Teacher A: Sponge Ball Toss to Buckets



Teacher B: Water Relay



Family A: Spinner Winner



Family B: Breath Games

Family Activities are in a separate download for you to send home to parents.

Pop, Hop & Rock™ Curriculum Month Week 3 and 4

EQUIPMENT	Description and Alternatives	Purchase
Sponge balls, approximately 3-5 per child	Sponge balls should be small, lightweight, and come in a variety of colors.  Alternative: Balled up colored paper, rolled up socks	<a href="#">Amazon</a> <a href="#">Oriental Trading</a>
Buckets, bins, tubs and/or trash cans	Various sizes will challenge kids more	<a href="#">Amazon</a> <a href="#">Home Depot</a> <a href="#">Walmart</a>
Painters tape or poly spots, anything to delineate space	Poly spots are vinyl circles, about 9 inches in diameter, in a variety of colors. They are versatile and durable, sticky enough to stay put on the floor and hefty enough to use as a steering wheel. If you have the funds, these spots are worth the investment.  Alternatives to delineate space: Painter's tape for indoors. Outdoors, you can use cones or a rope.	<a href="#">Amazon</a> <a href="#">School Specialty</a>
Buckets, pots, cups	Various sizes, but not so big that small hands and bodies can't carry them when filled with water	
Items with which to build an obstacle course	Items like poly spots, or markers to step on, tree cookies or 2x4's on which to balance, something to crawl under or even through. Be creative!	

Pop, Hop & Rock™ Curriculum Month Week 3 and 4

DEVELOPING SKILLS	Lesson Plan Activities			
	Teacher A Sponge Ball Toss	Teacher B Water Relay	Family C Spinner Winner	Family D Breath Games
<i>Perceptual Motor Skills</i>				
Body Awareness	X	X	X	
Directional Awareness	X	X	X	
Spatial Awareness	X	X	X	
Temporal Awareness	X	X		
<i>Sensory Skills</i>				
Auditory Processing			X	
Proprioceptive Development		X		X
Vestibular Development		X	X	
Visual Processing	X	X	X	
<i>Strength</i>				
Aerobic Strength				
Core Strength	X	X	X	X
Grip Strength		X		
Upper Body Strength	X	X		
Lower Body Strength		X		
<i>Other Skills</i>				
Crossing the Midline	X			
Eye-Hand Coordination	X	X		
Motor Planning		X		
Bilateral Movement	X	X		
Balance		X	X	

See REFERENCE: Skills, Strengths, Motor Movements for more information

TEACHER ACTIVITY A: Sponge Ball Toss to Buckets

Ages 2-6

GOALS

A game to challenge the age old eye-hand coordination skill

SKILLS

**Perceptual Motor Skills**

**Body awareness**  
**Directional awareness**  
**Spatial awareness**  
**Temporal awareness**

**Strength**

**Core strength**  
**Upper body strength**

**Sensory Skills**

**Visual processing**

**Other Skills**

**Crossing the midline**  
**Eye-hand coordination**  
**Bilateral movement**

EQUIPMENT

Sponge Balls, 3-5 per child  
Buckets, bins, tubs and/or trash cans  
Painters tape, poly spots or something to delineate space

HOW TO

- Set Up* Create a line using poly spots or painters tape. Place buckets, tubs, bins, and/or trash cans on the one side of the line, in no particular order, some closer to the line, some farther away. Place the sponge balls on the ground on the side where the children will stand.
- Transition In* Children stand behind the line, by the sponge balls.
- Introductory Questions* Have you ever been to a carnival or a fair? Have you ever seen the game where people toss balls into a bucket?
- Explain The Game When I say GO!* Children will pick up one sponge ball, stand behind the line and toss it into any one of the buckets. Continue to repeat until all the balls are in the buckets, then empty and repeat.
- Transition Out* Clean up all the balls and return them to their container.
- Change Up* Create a point system for each bucket so the ones farther away are worth more. For older children, they could add their points together. For younger children, each bucket could have a different animal, smaller animals at the front, larger animals at the back. Have them count how many bears they got, how many birds and how many horses, for example.

TEACHER ACTIVITY B: Water Relay

Ages 3-9

GOALS

A water based obstacle course to test almost all the strengths and skills

SKILLS

**Perceptual Motor Skills**

**Body awareness**  
**Directional awareness**  
**Spatial awareness**  
**Temporal awareness**

**Sensory Skills**

**Proprioceptive development**  
**Vestibular development**  
**Visual processing**

**Strength**

**Core strength**  
**Grip strength**  
**Upper body strength**  
**Lower body strength**

**Other Skills**

**Eye-hand coordination**  
**Motor planning**  
**Bilateral movement**  
**Balance**

EQUIPMENT

Two large buckets of one empty, one full of water

Various pots, buckets and cups to carry water, small enough for a child to carry when full of water

Various obstacle course pieces of equipment like pply spots, tree cookies, bales of hay, cones, tunnels.

HOW TO

- Set Up** Set up your obstacle course and be sure to include things which require balance, under, over, around. Place full bucket at the starting end of the course with smaller containers. Put an empty bucket at the finish line.
- Transition In** Children line up at the starting line.
- Introductory Questions** Have you ever done an obstacle course? Can you get all the water from this full bucket to this empty bucket?
- Explain The Game** The first child chooses a container to fill it from the full bucket and carry through the obstacle course and pour into the empty bucket.
- When I say GO!** Then return the container to the starting line. Repeat as a relay until the children have moved all the water to the finish line.
- Transition Out** Children return all the obstacle course items to their containers.
- Change Up** Measure how much water is in the starting bucket and see if there is the same amount of water in the bucket at the end. You can measure the water by weight or volume.